



Have a healthier family with more time and money for your children!

HOW?

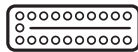
Plan your children 3 years apart.

- ✓ Your babies **GROW UP** bigger, stronger, healthier
- ✓ You will be **HEALTHIER AND STRONGER** to carry your new baby
- ✓ **YOUR NEWBORNS** are less likely to die, be born too early, or be under-weight
- ✓ You will have **MORE INCOME** to provide for **THE FUTURE** of your child

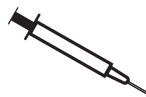
Which family planning method is right for you?



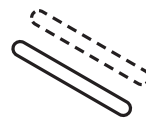
CONDOM



PILL



INJECTABLE



IMPLANT



IUD



Talk to a health care provider you trust at your workplace or in your community

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